

Food Distribution Program on Indian Reservations

Food Distribution Program Nutrition Education (FDPNE) Grants

Summary of Projects funded in FY 2010

Midwestern Nutrition Advisory Committee

\$78,205

This Consortium of 23 Indian Tribal Organizations (ITOs) focuses on health promotion activities that help FDPIR participants establish habits that promote healthier lifestyles based on recommendations in the most current Dietary Guidelines for Americans. The advisory committee's activities incorporate messages from the Guidelines related to increasing the consumption fruits, vegetables, whole grain products, low-fat and fat free milk products, and physical activity. Several projects to accomplish this goal including the development of a culturally relevant calendar and nutrition guide for FY 2011, the creation of a nutrition and physical activity booklet for children, showing nutrition and physical activity videos at food distribution centers and displaying nutrition and physical activity and nutrition education posters at distribution centers and other areas on reservations. Calendars and activity books will be provided to 8,500 FDPIR households and all 23 ITOs will receive posters and other nutrition education materials for their distribution centers.

Leech Lake Band of Ojibwe

\$46,256

The tribe's goal is to increase the number of tribal members who consume fruits, vegetables, whole grains and low-fat products based on the guidelines provided by MyPyramid. For FY 2010, the tribe expanded the FDPNE project to include outreach services to remote villages of the reservation. Several activities were conducted to achieve this goal. One of the activities was the implementation of a MyPyramid slogan campaign utilizing the tribal "Passing of the Word" approach to promote it at FDPIR, WIC, Tribal College, elderly nutrition program and community center sites. Other activities included taste testing events, dissemination of MyPyramid nutrition education handouts, poster displays at various sites, radio broadcasts, and newspaper articles.

Menominee Indian Tribe of Wisconsin

\$57,165

The Menominee Tribe's goal was to promote healthy lifestyles by providing healthy cooking classes, nutrition education sessions and the development of a multigenerational garden. Their FDPNE project staff conducted healthy cooking contests, provided information on basic nutrition, the nutrition value of low-fat or fat free milk products, fruits, vegetables, reading food labels, and the benefits of physical activity. The Menominee Tribe also implemented one-on-one nutrition education home visits with the elderly.

Chippewa Cree Tribe

\$63,362

The Chippewa Cree partnered with their local Cooperative Extension Service to continue their Nutrition for Life Project. The project focused on promoting the increased consumption of vegetables among FDPIR participants. Activities included disseminating nutrition education materials, expanding their gardening program from one to two gardens, and adding a greenhouse garden to compensate for short growing seasons caused by drought conditions. The project's coordinator and lead volunteer received master gardening training and used the skills learned to oversee the planting and maintenance of all of the gardens. They created 2-minute radio broadcasts that provide nutrition education and physical activity messages to FDPIR and FDPIR-eligible persons.

Confederated Salish & Kootenai Tribes

\$129,906

This project is a collaborative effort between the Confederated Salish & Kootenai Tribes' Food Distribution Program on Indian Reservations, The Montana State University Extension Service, and the Extension Program at the Salish Kootenai College. They redeveloped two gardens planted in FY 2009 and developed a new 1-acre garden. Other activities focused

on teaching FDPIR participants to prepare affordable meals using USDA and other foods, and providing nutrition education to youth and senior citizens.

Seminole Nation Food Distribution Program

\$9,911

For their food and nutrition education project, the Seminole provided fruit and vegetable cooking classes and replanted a community garden. The garden was used as a setting for gardening classes and educational sessions that focus on the nutritional benefits of fruits and vegetables.

Cheyenne-Arapaho

\$17,693

The goals of the Cheyenne-Arapaho were to promote the consumption of fruits and vegetables on a daily basis and to increase the consumption of whole grain products. They provided 35 food demonstrations at their warehouse and tailgate sites, and conducted nutrition education classes.

Chickasaw

\$116,661

Their goal was to promote the consumption of fruits, vegetables and whole grain products on a daily basis. The Chickasaw Nation, in collaboration with a project dietitian, conducted the "Recipes Wrapped in Love" project. Each of fifteen families developed and tested seven recipes that featured whole grains, fruits, and vegetables. The recipes were incorporated into a Recipes Wrapped in Love toolkit that included recipes, menus, shopping lists, and snack ideas. The toolkits will be distributed to 5,000 FDPIR participants.

Zuni Food Distribution Program

\$45,361

Their project conducted activities that helped participants increase their daily consumption of fruits, vegetables, and whole grain products. The program provided nutrition education classes, food safety education, and food demonstrations using USDA and other fruits, vegetables and whole grains.

Alaska Native Tribal Health Consortium

\$47,216

The Consortium was funded to develop and deliver a series of two culturally relevant nutrition education video-teleconferences for FDPIR participants at 12 reservations throughout a vast region of Alaska. The video-conference sessions focused on increasing fruit and vegetables, low-fat dairy products, and whole grains in the diet, and on promoting daily physical activity.

Sherwood Valley Food Program

\$52,304

This project continued its focus on encouraging eight tribal organizations served by the food program to formally adopt policy on healthy foods and physical activity and establish leadership to carry out activities that support this policy. Other activities focused on increasing nutrition knowledge of participants by providing printed material available through their resource guide (developed with 2008 funds), conducting food demonstrations and traditional food gathering events, and developing community garden programs at four sites.

South Puget Intertribal Planning Agency

\$61,144

The objectives of the project were to increase the consumption of fruits, vegetables, whole grain products, and low-fat milk products among FDPIR participants. The tribe hopes to educate a substantial number of individuals on the reservation to understand and incorporate MyPyramid guidelines in their daily lives.

Lummi Indian Business Council

\$84,538

The Lummi Tribe provided nutrition and food education demonstrations to youth and their families at various community events. They included information on meal preparation, healthy recipes, the Dietary Guidelines for Americans, and MyPyramid.